

## Regional Training Camps 2011

Written by Administrator

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A series of six training camps will run throughout the 2011-2012 season with the aim of supporting and developing 24 aspiring performance athletes and their coaches in the East Midlands.

For more information click on the image below (note the first camp is on **16th October**)



**Regional Training Camp Series**

A series of six training camps will run throughout the 2011-2012 season with the aim of supporting and developing 24 aspiring performance athletes and their coaches in the East Midlands.

**1st Camp:** Sunday 16<sup>th</sup> October 2011 from 9am- 4pm at Boston BC.

**Location:** Boston, Cambridgeshire

**Eligibility:** Boys aged 16- Under 23.

**Selection criteria:** 1km time capped at 24:00; 1km assessment on 1x, 2x or 3- laps capped at 24:3

**\*\*\* Please note that all athletes must be accompanied by a coach.**

**24 athletes (12 Male, 12 Female) will be selected to take part in future camps.**

Athletes selected and their coaches will be required to make a year-long commitment to the program (failure to do so may result in expulsion and forfeit of place on program to another athlete.)

\* Future camps in 2011 (all provincial, venues TBC): Sunday 20<sup>th</sup> November, Sunday 12<sup>th</sup> December

To register interest/attendance or if you have any queries please contact: [Ola.Williams@eastmidstsboc.org](mailto:Ola.Williams@eastmidstsboc.org)